The Tea-Time Cookbook

A Tea Book with 50 Delicious Tea Recipes (2nd Edition)

By
BookSumo Press
All rights reserved

Published by
http://www.booksumo.com

ENJOY THE RECIPES?

KEEP ON COOKING

WITH 6 MORE FREE COOKBOOKS!

Click the link below and simply enter your email address to join the club and receive your 6 cookbooks.

http://booksumo.com/magnet

https://www.instagram.com/booksumopress/

https://www.facebook.com/booksumo/

LEGAL NOTES

All Rights Reserved. No Part Of This Book May Be Reproduced Or Transmitted In Any Form Or By Any Means. Photocopying, Posting Online, And / Or Digital Copying Is Strictly Prohibited Unless Written Permission Is Granted By The Book's Publishing Company. Limited Use Of The Book's Text Is Permitted For Use In Reviews Written For The Public.

Table of Contents

7.....Cranberry, Jell-O Tea
10.....Classical Chai Tea I
11.....Moscow Tea
12.....Yemen Style Tea
13.....Mojo Mint Tea
16.....Easy Herbal Honey Tea
17.....Always Almond Tea
18.....Instant Chai Tea
19.....Love Tea
22.....Jasmine Green Tea
23.....Holiday Tea
24.....Tang Lemon Tea
25.....Tropical Black Tea
28.....Tangy Tart Tea
29.....Easy Vanilla Chai
30.....Crescent Tea
31.....Southern Easy Sweet Tea
34.....Vanilla Extract Milky and Pekoe Tea
35.....Laguna Verbena Tea
36.....Allspice and Berry Tea
37.....Easy Brewed Carolina Style Tea
40.....Cinnamon, Honey, and Turmeric Tea
41.....Purple Stuff Tea
42.....Snow Mint Tea
43.....Classical Lemon Iced Tea
46.....Orange Earl Grey Tea
47.....Backroads Tea
48.....Funky Hunky Tea
49.....Orange Autumn Tea
52.....Chocolate Earl Grey Tea Mix
53.....Green Tea and Cherries
54.....Jubilant Minty Tea
55.....Green Tea and Cherries
58.....Orange Dream Tea
59.....Chai Tea Concentrated
60.....Ginger Ginger Tea
61.....Pepper and Cloves Spiced Tea
62.....Easy Soy Milk Latte
63.....Green Tea Frappuccino
64.....Rhubarb Honey Sweet Tea
65.....San Antonio Tea
68.....Lime-Lime Soda Tea
69.....Raspberry Tea Mixer Syrup
70.....Bubble Tea
71.....Cool Tea
74.....Indian Spicy Pepper Tea
75.....Dark Lemonade Tea
76.....Crossroad Cranberry Tea
77.....Raspy Tea
78.....Galaxy Tea

Orange, Lemon Cranberry, Jell-O Tea

Prep Time: 15 mins
Total Time: 15 mins

Servings per Recipe: 12	
Calories	115 kcal
Fat	0.2 g
Carbohydrates	28.7g
Protein	0.9 g
Cholesterol	0 mg
Sodium	34 mg

Ingredients

3 tsps instant tea powder
1/2 tsp ground allspice
1/2 tsp ground cinnamon
1/2 tsp ground nutmeg
6 C. boiling water
1 (3 oz.) package cherry flavored Jell-O(R)
1 C. orange juice
1/4 C. lemon juice
1 qt. cranberry juice
1/2 C. white sugar

Directions

1. Get your water boiling and add the following to a cheesecloth for steeping: nutmeg, tea, cinnamon, and allspice.
2. Tie the bag then place everything into your boiling water for 7 mins.
3. Combine in the gelatin, and stir the mix, then add in the sugar, orange juice, cranberry juice, and lemon juice.
4. Stir the mix until it is nicely combined then combine in the sugar and mix it in fully.
5. Enjoy.

CLASSICAL
Chai Tea I

Prep Time: 5 mins
Total Time: 10 mins

Servings per Recipe: 6

Calories	28 kcal
Fat	0 g
Carbohydrates	7.3g
Protein	0.1 g
Cholesterol	0 mg
Sodium	7 mg

Ingredients

1 1/2 qt. water
4 black tea bags
10 whole cardamom seeds
2 cinnamon stick, broken in half
1 tsp black peppercorns
3 tbsps white sugar

Directions

1. Get your water boiling then combine in the black pepper, tea bags, cinnamon, and cardamom.
2. Get the water boiling again then combine in the sugar and stir everything until the sugar is dissolved.
3. Let the tea sit for 7 mins with no heat.
4. Enjoy.

Moscow Tea

Prep Time: 10 mins
Total Time: 10 mins

Servings per Recipe: 40	
Calories	102 kcal
Fat	0 g
Carbohydrates	26.4g
Protein	0 g
Cholesterol	0 mg
Sodium	2 mg

Ingredients

1 C. instant tea powder
2 C. orange-flavored drink mix (e.g. Tang)
1 (3 oz.) package powdered lemonade mix
2 C. white sugar
2 tsps ground cinnamon
1/2 tsp ground cloves

Directions

1. Get bowl, combine: cloves, tea powder, cinnamon, orange mix, sugar, and lemonade powder.
2. Combine everything evenly then place the mix into a jar for storage.
3. For serving this style of tea.
4. Use 1 C. of water either cold or warm and 4 tbsps of the tea mix.
5. Enjoy.

YEMEN
Style Tea

Prep Time: 10 mins
Total Time: 25 mins

Servings per Recipe: 4

Calories	179 kcal
Fat	7.3 g
Carbohydrates	22.6g
Protein	6.5 g
Cholesterol	27 mg
Sodium	106 mg

Ingredients

3 orange pekoe tea bags
3 C. water
1/4 C. white sugar
10 cardamom seeds, or to taste
1/2 tsp ground cinnamon
1/2 tsp ground nutmeg
1/2 tsp ground ginger
1 (12 fluid oz.) can evaporated milk

Directions

1. Get your water boiling in a large pot.
2. Once the water is boiling open your tea bags directly into the boiling liquid.
3. Cook the tea for 4 mins.
4. Then add in the sugar and cardamom after you have grinded it.
5. Stir everything until the sugar has dissolved then add in the ginger, cardamom, nutmeg, and cinnamon. Let everything boil for 12 mins then add in the milk and get everything boiling again.
6. Let the tea cook for 3 mins then run the tea through a strainer or a sieve.
7. Enjoy.

Mojo Mint Tea

Prep Time: 15 mins
Total Time: 2 h 50 mins

Servings per Recipe: 10	
Calories	83 kcal
Fat	0 g
Carbohydrates	21.5g
Protein	0.2 g
Cholesterol	0 mg
Sodium	6 mg

Ingredients

4 tea bags
10 sprigs fresh mint, or more to taste
3 C. boiling water
1 C. white sugar
4 lemons, juiced
4 limes, juiced
1 splash vanilla extract
3 C. cold water
2 C. ice cubes

Directions

1. Get a C. for measuring then add in your mint and tea to the C.
2. Cover everything with the boiling water then place a covering of plastic or foil on the C. for 17 mins.
3. Run the tea through a strainer into a storage jar then throw away the remnants.
4. Combine your sugar into the tea, then add in the vanilla extract, lemon juice, and lime juice.
5. Stir the mix evenly then combine in the cold water.
6. Tightly seal the jars with a lid then place the tea in the fridge for at least 3 hours or at most overnight.
7. Serve the tea over ice.
8. Enjoy.

EASY HERBAL
Honey Tea

Prep Time: 5 mins
Total Time: 7 mins

Servings per Recipe: 4

Calories	19 kcal
Fat	0.1 g
Carbohydrates	4.8g
Protein	0.1 g
Cholesterol	0 mg
Sodium	8 mg

Ingredients

1 qt. water, or as needed
1 tbsp honey
1 tsp ground cumin
1 tsp grated fresh ginger
1 tsp grated lime zest
1 tsp lime juice
3 leaves fresh mint

Directions

1. Get your water boiling in a big pot then combine in the mint, honey, lime juice, cumin, lime zest, and ginger.
2. Let everything cook for 4 mins.
3. Enjoy.

Always Almond Tea

Prep Time: 15 mins
Total Time: 15 mins

Servings per Recipe: 16	
Calories	103 kcal
Fat	0.1 g
Carbohydrates	25.7g
Protein	0.2 g
Cholesterol	0 mg
Sodium	2 mg

Ingredients

3 tbsps instant iced tea powder
1 C. white sugar
2 C. boiling water
1 (12 oz.) can frozen lemonade concentrate
2 tsps vanilla extract
1 tbsp almond extract

Directions

1. Add the tea and sugar to a gallon jug then add in the concentrate and also the boiling water.
2. Shake or stir the mix evenly then combine in the almond extracts, and the vanilla as well.
3. Add in enough cold water to completely fill the container then shake everything again.
4. Place the tea in the fridge until you are ready to serve it.
5. Enjoy.

INSTANT
Chai Tea

Prep Time: 15 mins
Total Time: 15 mins

Servings per Recipe: 48

Calories	47 kcal
Fat	1.8 g
Carbohydrates	7.2g
Protein	0.8 g
Cholesterol	1 mg
Sodium	13 mg

Ingredients

1 1/2 C. instant tea powder
2 C. powdered non-dairy creamer
1/2 C. dry milk powder
1 C. confectioners' sugar
1/4 C. brown sugar
1 tsp ground ginger
1 tsp ground cinnamon
1 tsp ground cloves
1 tsp ground cardamom
1 tsp ground allspice
1 tsp vanilla powder

Directions

1. Process the following in a blender or food processor: vanilla powder, brown sugar, instant tea, allspice, creamer, cardamom, milk powder, cloves, confectioners', ginger, and sugar.
2. Pulse the mix for 3 mins then place everything into storage containers.
3. For every C. of hot water stir in 4 tsps of tea mix.
4. Enjoy.

Love Tea

Prep Time: 10 mins
Total Time: 10 mins

Servings per Recipe: 40	
Calories	39 kcal
Fat	0 g
Carbohydrates	9.9g
Protein	0.1 g
Cholesterol	0 mg
Sodium	2 mg

Ingredients

1/2 C. instant tea powder
1 C. sweetened lemonade powder
1 C. orange-flavored drink mix (e.g. Tang)
1 tsp ground cinnamon
1/2 tsp ground cloves

Directions

1. Get bowl, combine: cloves, instant tea, cinnamon, lemonade, and orange drink. Stir the mix then place everything into storage containers.
2. For every 1 C. of hot water combine in the 3 tsps of tea mix.
3. Enjoy.

JASMINE
Green Tea

Prep Time: 5 mins
Total Time: 15 mins

Servings per Recipe: 1

Calories	36 kcal
Fat	0.2 g
Carbohydrates	10.3g
Protein	1.1 g
Cholesterol	0 mg
Sodium	10 mg

Ingredients

water
2 (1/4-in.-thick) lemon slices
1 tbsp loose-leaf jasmine green tea
1 tsp honey, or to taste

Directions

1. Get your water boiling in a pot then add in the honey, lemon slices, and tea leaves.
2. Enter everything into a C. then let the tea sit for 6 mins.
3. Enjoy.

Holiday Tea

Prep Time: 10 mins
Total Time: 20 mins

Servings per Recipe: 6	
Calories	116 kcal
Fat	0.2 g
Carbohydrates	29.2g
Protein	1.1 g
Cholesterol	0 mg
Sodium	11 mg

Ingredients

1 (3 oz.) package lemon-flavored ice tea mix
2 (1.8 oz.) packages orange-flavored drink mix (e.g. Tang)
1 1/3 tbsps ground cinnamon
2 tsps ground cloves

Directions

1. Place the following into a storage container: ground cloves, tea mix, cinnamon, and orange mix.
2. For every 1 C. of boiling water combine in 1.5 tsps of tea mix.
3. Enjoy.

TANG
Lemon Tea

Prep Time: 5 mins
Total Time: 5 mins

Servings per Recipe: 40

Calories	91 kcal
Fat	0 g
Carbohydrates	23.7g
Protein	0.1 g
Cholesterol	0 mg
Sodium	1 mg

Ingredients

2 C. instant tea with lemon-flavoring dry mix
2 C. orange-flavored drink mix (e.g. Tang)
1 C. white sugar
1 tsp ground cinnamon
1/2 tsp ground cloves

Directions

1. Get a bowl, combine: cloves, tea, cinnamon, sugar, and orange drink mix.
2. For every 8 oz. of boiling water stir in 2 tsps of tea mix.
3. Enjoy.

Tropical Black Tea

Prep Time: 30 mins
Total Time: 4 hr 30 mins

Servings per Recipe: 24	
Calories	118 kcal
Fat	0.1 g
Carbohydrates	29.4g
Protein	0.5 g
Cholesterol	0 mg
Sodium	13 mg

Ingredients

1 C. white sugar
1 C. strong brewed black tea
4 C. orange juice
4 C. pineapple juice
4 C. prepared lemonade
1 (2 liter) bottle ginger ale, chilled

Directions

1. Add the following to a large drinking jug: tea and sugar.
2. Stir the mix until the sugar is completely combined then add in the lemonade, orange juice, and pineapple.
3. Place everything in the fridge for 5 hrs. Then combine in the ginger ale and stir the tea again.
4. Enjoy.

TANGY
Tart Tea

Prep Time: 5 mins
Total Time: 5 mins

Servings per Recipe: 1

Calories	83 kcal
Fat	0 g
Carbohydrates	22g
Protein	0.3 g
Cholesterol	0 mg
Sodium	14 mg

Ingredients

12 fluid oz. hot water, or more as desired
2 tbsps lemon juice
2 tbsps apple cider vinegar
1 tbsp raw honey
1 tsp ground cinnamon

Directions

1. Add the following to a serving C.: cinnamon, hot water, honey, lemon juice, and apple cider.
2. Stir the mix until the honey is completely dissolved.
3. Enjoy.

Easy Vanilla Chai

Prep Time: 10 mins
Total Time: 15 mins

Servings per Recipe: 1	
Calories	183 kcal
Fat	2.4 g
Carbohydrates	34.4g
Protein	4.1 g
Cholesterol	10 mg
Sodium	72 mg

Ingredients

1 C. water
2 chai tea bags
2 tbsps white sugar
1 tsp ground cinnamon
1 tsp vanilla extract
2 C. ice, divided
1/2 C. milk

Directions

1. Get your water boiling then add in the tea and let everything cook for 5 mins then shut the heat and add in the vanilla extract, sugar, and cinnamon.
2. Discard the tea bags then proceed to blend your milk and 1 C. of ice together in a blender then add the tea mix and another C. of ice and blend everything again evenly.
3. Enjoy.

CRESCENT
Tea

Prep Time: 2 mins
Total Time: 10 mins

Servings per Recipe: 1

Calories	26 kcal
Fat	0.1 g
Carbohydrates	6.2g
Protein	0.3 g
Cholesterol	0 mg
Sodium	2 mg

Ingredients

1 1/2 C. water
2 whole cardamom pods, broken
1 pin. saffron powder
2 tea bags
1 tsp white sugar (optional)

Directions

1. Add the following to a large pot: cardamom, water, and saffron.
2. Place a lid on the pot and get everything boiling. Add in the tea and let the mix sit for 2 mins. Run the tea through a strainer then add a bit of sugar if you like.
3. Enjoy.

Southern Easy Sweet Tea

Prep Time: 5 mins
Total Time: 1 hr 15 mins

Servings per Recipe: 10	
Calories	155 kcal
Fat	0 g
Carbohydrates	40g
Protein	0 g
Cholesterol	0 mg
Sodium	6 mg

Ingredients

8 C. water
4 family-sized tea bags
2 C. white sugar

Directions

1. Get your water boiling then add in the sugar and let it dissolve.
2. Now shut the heat and add in your tea bags and let the tea sit for 4 mins.
3. Place everything in the fridge for 65 mins.
4. Enjoy.

VANILLA EXTRACT
Milky and Pekoe Tea

Prep Time: 5 mins
Total Time: 5 mins

Servings per Recipe: 1

Calories	40 kcal
Fat	0.6 g
Carbohydrates	6.8g
Protein	1.1 g
Cholesterol	2 mg
Sodium	20 mg

Ingredients

1 C. boiling water
1 orange pekoe tea bag
2 tbsps milk
1 tsp white sugar (optional)
1/2 tsp vanilla extract
1/2 tsp ground cinnamon

Directions

1. Add your boiling water to a serving C. then place your tea in the water for 4 mins.
2. Throw away the tea bag then combine in the cinnamon, milk, vanilla extract, and sugar.
3. Enjoy.

Laguna Verbena Tea

Prep Time: 5 mins
Total Time: 8 mins

Servings per Recipe: 1	
Calories	25 kcal
Fat	0 g
Carbohydrates	6.4g
Protein	0.2 g
Cholesterol	0 mg
Sodium	8 mg

Ingredients

1 C. boiling water
1 sprig fresh lemon verbena (about 10 leaves)
1 sprig fresh mint (about 15 leaves)
1 tsp honey, or to taste (optional)

Directions

1. Place your mint and verbena in a C. then add your boiling water to the C. and stir everything.
2. Let the mix sit for 5 mins then add in the honey and stir until it is fully dissolved.
3. Enjoy.

ALLSPICE
and Berry Tea

Prep Time: 10 mins
Total Time: 8 hr 40 mins

Servings per Recipe: 16	
Calories	143 kcal
Fat	0.2 g
Carbohydrates	36.6g
Protein	0.5 g
Cholesterol	0 mg
Sodium	7 mg

Ingredients

1 lb fresh or frozen cranberries
3 qt. cold water
2 C. orange juice
2 1/8 C. pineapple juice
1/4 C. lemon juice
2 C. white sugar, or to taste
1 (3 in.) cinnamon stick
1 tsp whole cloves
1/2 tsp whole allspice berries

Directions

1. Get a saucepan and add in the water and cranberries then get everything boiling for 6 mins. Shut the heat then let the mix sit until it is cold for about 4 hours.
2. Now strain everything to separate the cranberries then combine in the sugar, orange juice, lemon juice, and pineapple juice.
3. Stir the mix then add in the allspice berries, cloves, and cinnamon.
4. Get everything boiling, then shut the heat and let the tea sit for another 8 hours.
5. Enjoy.

Easy Brewed Carolina Style Tea

Prep Time: 1 mins
Total Time: 11 mins

Servings per Recipe: 16	
Calories	97 kcal
Fat	0 g
Carbohydrates	25g
Protein	0 g
Cholesterol	0 mg
Sodium	0 mg

Ingredients

3 family size tea bags
2 C. white sugar

Directions

1. Add your tea bag to the strainer basket of a coffee maker then make some tea as though you were making coffee.
2. Add your sugar to a 1 gallon jug then add in the tea to the jug.
3. Keep running your coffee maker until you have made enough tea to fill the jug then place the jug into the fridge until it is cold.
4. Enjoy.

CINNAMON, HONEY and Turmeric Tea

Prep Time: 5 mins
Total Time: 20 mins

Servings per Recipe: 2

Calories	37 kcal
Fat	0.1 g
Carbohydrates	10.3g
Protein	0.2 g
Cholesterol	0 mg
Sodium	8 mg

Ingredients

2 C. water
1/2 tsp ground turmeric
1/2 tsp chopped fresh ginger
1/2 tsp ground cinnamon (optional)
1 tbsp honey
1 lemon wedge

Directions

1. Get you water boiling then combine in the cinnamon, ginger, and turmeric.
2. Set the heat to low and let the mix cook for 12 mins then run the tea through a strainer and combine in the honey and lemon.
3. Enjoy.

Purple Stuff Tea

Prep Time: 5 mins
Total Time: 20 mins

Servings per Recipe: 4	
Calories	4 kcal
Fat	0.1 g
Carbohydrates	0.7g
Protein	0.3 g
Cholesterol	0 mg
Sodium	9 mg

Ingredients

1/4 C. fresh lavender petals
1 C. fresh mint leaves
4 C. water

Directions

1. Get a large pot and add in your mint and lavender petals.
2. Add the water into the pot and get everything boiling. Once the mix is boiling lower the heat and let everything cook for 17 mins.
3. Run everything through a strainer then serve the tea either hot or with some ice.
4. Enjoy.

SNOW
Mint Tea

Prep Time: 10 mins
Total Time: 15 mins

Servings per Recipe: 2

Calories	86 kcal
Fat	0.2 g
Carbohydrates	19g
Protein	0.3 g
Cholesterol	0 mg
Sodium	13 mg

Ingredients

3 C. hot water
2 tbsps white sugar
3/4 tsp ground cinnamon
1/4 tsp ground nutmeg
1/4 tsp ground ginger
4 fresh spearmint leaves
1 leaf fresh mint leaf
1/2 apple, cubed

Directions

1. Add the following to a large pot: mint leaf, water, spearmint leaves, ginger, sugar, nutmeg, and cinnamon.
2. Stir the mix then get everything boiling.
3. Once everything is boiling set the heat to low and combine in the apples.
4. Let the mix gently boil for 6 mins then take out the apple and run the tea through a strainer into a C.
5. Enjoy.

Classical Lemon Iced Tea

Prep Time: 5 mins
Total Time: 1 hr 5 mins

Servings per Recipe: 16	
Calories	99 kcal
Fat	0.1 g
Carbohydrates	25.7g
Protein	0.1 g
Cholesterol	0 mg
Sodium	4 mg

Ingredients

4 green tea bags
4 orange pekoe tea bags
6 C. boiling water
1 C. white sugar
1 (12 oz.) can frozen lemonade concentrate
1/2 lemon, juiced
cold water, or as needed

Directions

1. Get a 1 gallon jug then add in your black and green tea bags to the jug.
2. Add the boiling water into the jug and let the mix sit for 35 mins.
3. Now take out the bags and add in the concentrate and sugar.
4. Stir the mix until everything has dissolved nicely then add in enough cold water to get the jug filled it.
5. Combine in the lemon juice and place everything in the fridge until it is cold.
6. Enjoy.

ORANGE
Earl Grey Tea

Prep Time: 10 mins
Total Time: 1 hr 10 mins

Servings per Recipe: 8

Calories	15 kcal
Fat	0 g
Carbohydrates	3.7g
Protein	0.1 g
Cholesterol	0 mg
Sodium	8 mg

Ingredients

1 large fresh peach, sliced
1 clementine, peeled and segmented
1 tbsp white sugar, or to taste
8 C. boiling water
4 Earl Grey tea bags

Directions

1. Get a jug then add in your sugar, clementine, and peach.
2. With a wooden spoon break the fruit into pieces then combine in the tea bags and the water.
3. Stir the mix until it is combined evenly then place everything in the fridge for 65 mins.
4. Take out the fruit and the tea bags with a spoon.
5. Enjoy.

Backroads Tea

Prep Time: 5 mins
Total Time: 30 mins

Servings per Recipe: 48	
Calories	66 kcal
Fat	0 g
Carbohydrates	16.9g
Protein	0.1 g
Cholesterol	0 mg
Sodium	2 mg

Ingredients

4 qt. water
8 C. packed fresh mint leaves
4 C. white sugar

Directions

1. Get your water boiling then combine in the mint leaves and let everything sit for 17 mins with no heat.
2. Take the leaves from the water then add in your sugar and get everything boiling again for about 12 mins.
3. Place everything into a container and freeze it for use later.
4. Enjoy.

FUNKY HUNKY
Tea

Prep Time: 15 mins
Total Time: 15 mins

Servings per Recipe: 8

Calories	76 kcal
Fat	0 g
Carbohydrates	18.6g
Protein	0 g
Cholesterol	0 mg
Sodium	14 mg

Ingredients

4 C. lemonade
4 C. cold tea
2 tbsps white sugar

Directions

1. Get a big jug and combine the following in it: sugar, tea, and lemonade.
2. Place everything in the fridge until it is cold.
3. Enjoy.

Orange Autumn Tea

Prep Time: 5 mins
Total Time: 20 mins

Servings per Recipe: 6	
Calories	87 kcal
Fat	0.1 g
Carbohydrates	22g
Protein	0.3 g
Cholesterol	0 mg
Sodium	9 mg

Ingredients

6 C. water
1 tsp whole cloves
1 (1 in.) piece cinnamon stick
6 tea bags (such as Lipton(R))
3/4 C. orange juice
1/2 C. white sugar
1/4 C. pineapple juice
2 tbsps lemon juice

Directions

1. Get a large pot and add in your cinnamon, cloves, and water.
2. Get everything boiling then shut the heat.
3. Combine in the tea bags and let the mix sit with no heat for 6 mins then take out the cloves, tea bags, and cinnamon.
4. Now combine the lemon juice, orange juice, pineapple juice, and sugar in a separate pot and get everything boiling and let it cook until the sugar is combined in completely.
5. Combine both pots to make your tea.
6. Enjoy.

CHOCOLATE
Earl Grey Tea Mix

Prep Time: 10 mins
Total Time: 10 mins

Servings per Recipe: 1

Calories	103 kcal
Fat	1.4 g
Carbohydrates	20.5g
Protein	2.3 g
Cholesterol	4 mg
Sodium	90 mg

Ingredients

1 1/2 C. boiling water
1 Earl Grey tea bag
3 tbsps milk
1 1/2 tbsps hot cocoa mix
2 tsps white sugar

Directions

1. Add your hot water to a C. for serving then add in your tea bag as well.
2. Let the tea sit for 3 mins then combine in the milk and take out the tea bag.
3. Combine in the sugar and cocoa then stir everything evenly.
4. Continue to stir for about 40 secs.
5. Enjoy.

Green Tea and Cherries

Prep Time: 10 mins
Total Time: 2 hr 15 mins

Servings per Recipe: 4	
Calories	68 kcal
Fat	0.4 g
Carbohydrates	17.6g
Protein	0.7 g
Cholesterol	0 mg
Sodium	8 mg

Ingredients

1 C. pitted cherries
1 (2 in.) piece fresh ginger, peeled and sliced
3 tbsps white sugar
4 C. filtered water, divided
4 (2 g) bags green tea
4 lemon slices (optional)
1 tbsp lemon juice, or to taste (optional)

Directions

1. Place the following in a bowl: ginger slices and cherries.
2. Top everything with the sugar then add in 2 C. of filtered water.
3. Place a covering of plastic on the bowl and place everything in the fridge overnight.
4. Add 2 additional C. of filtered water to the bowl then place your tea bags in a jug and add in the boiling water from the bags of tea.
5. Let the tea sit for 1.5 mins then run the ginger mix through a strainer into the jug and add in the lemon juice.
6. Use the pieces of lemon as a garnish.
7. Enjoy.

JUBILANT
Minty Tea

Prep Time: 10 mins
Total Time: 25 mins

Servings per Recipe: 8

Calories	114 kcal
Fat	0.1 g
Carbohydrates	29.3g
Protein	0.3 g
Cholesterol	0 mg
Sodium	8 mg

Ingredients

1 C. white sugar
1 C. water
4 tea bags
1/2 C. chopped fresh mint
2 qt. cold water
1 C. orange juice
6 tbsps lemon juice

Directions

1. Get 1 C. of water and sugar boiling for 6 mins while stirring then combine in the mint and tea bags.
2. Shut the heat and let the tea sit for 12 mins.
3. Run the tea through a strainer then throw away the tea bags and the mint as well.
4. Stir the following in a jug: lemon juice, tea mix, orange juice, and cold water.
5. Enjoy.

Classical Tea-Time Tea

Prep Time: 10 mins
Total Time: 1 hr 10 mins

Servings per Recipe: 8	
Calories	76 kcal
Fat	0 g
Carbohydrates	20.1g
Protein	0.1 g
Cholesterol	0 mg
Sodium	1 mg

Ingredients

8 C. water
3 orange pekoe tea bags
3/4 C. white sugar
1/2 C. lemon juice

Directions

1. Get your water boiling in a big pot then once the mix is boiling place the tea bags into the pot.
2. Place a lid on the pot and shut the heat.
3. Let the tea sit for 65 mins.
4. Now get a jug and add in the sugar and tea.
5. Stir the mix until the sugar is combined in evenly then add in the lemon juice and stir everything again.
6. Place the tea in the fridge until it is cold.
7. Enjoy.

ORANGE
Dream Tea

Prep Time: 10 mins
Total Time: 30 mins

Servings per Recipe: 6

Calories	30 kcal
Fat	0.1 g
Carbohydrates	8.8g
Protein	0.5 g
Cholesterol	0 mg
Sodium	6 mg

Ingredients

2 C. boiling water
6 cranberry herb tea bags
1/4 C. lemon juice
9 packets sugar substitute
2 1/2 C. cold water
1 1/2 C. orange juice

Directions

1. Add your boiling water to a jug with the tea bags.
2. Let the tea sit for 7 mins then throw away the tea bags.
3. Combine in the sugar substitute and lemon juice and work the mix until the sugar is dissolved.
4. Combine in the orange juice and the cold after as well and stir the mix again.
5. Place everything in the fridge until it is cold.
6. Enjoy.

Chai Tea Concentrated

Prep Time: 5 mins
Total Time: 1 hr 15 mins

Servings per Recipe: 8	
Calories	58 kcal
Fat	0.2 g
Carbohydrates	13.7g
Protein	0.6 g
Cholesterol	0 mg
Sodium	13 mg

Ingredients

4 C. water
15 whole cloves
3 cinnamon sticks
8 (1/4 in. thick) slices unpeeled fresh ginger
15 cardamom pods, split
15 whole black peppercorns
10 black tea bags
1/3 C. brown sugar
2 tsps vanilla extract

Directions

1. Get your water boiling in a sauce pan then combine in the cloves and let everything cook for 60 secs.
2. Now combine in the tea, cinnamon, peppercorns, ginger, and cardamom.
3. Let the mix sit for 7 mins then run everything through a strainer in a jug.
4. Combine in the vanilla extract and the brown sugar and let the mix sit in the fridge for 60 mins.
5. Enjoy.

GINGER GINGER
Tea

Prep Time: 5 mins
Total Time: 30 mins

Servings per Recipe: 6

Calories	104 kcal
Fat	0 g
Carbohydrates	27.1g
Protein	0.1 g
Cholesterol	0 mg
Sodium	11 mg

Ingredients

4 C. water
3/4 C. brown sugar
1/4 C. grated ginger root
3 tea bags
2 lemons, juiced
3 tbsps honey

Directions

1. Get the following boiling in a large pot: grated ginger root, brown sugar, and water.
2. Once the mix boiling set the heat to low and let the mix gently cook for 22 mins.
3. Shut the heat then combine in the tea bags and let the tea sit for 7 mins.
4. Take out the bags then add in the honey and lemon and stir the mix until everything combined completely.
5. Enjoy.

Pepper and Cloves Spiced Tea

Prep Time: 10 mins
Total Time: 10 mins

Servings per Recipe: 8	
Calories	9 kcal
Fat	0.1 g
Carbohydrates	2.1g
Protein	0.2 g
Cholesterol	0 mg
Sodium	2 mg

Ingredients

1 cinnamon stick, broken into pieces
5 whole cloves
2 tbsps dried orange peel
2 whole black peppercorns
6 black tea bags, strings removed

Directions

1. Add the following to a bowl: peppercorns, cinnamon stick, orange peel, and cloves.
2. Add everything to a cheesecloth. Then add in the tea bags as well.
3. Secure the bundle with some kitchen twine then get 8 C. of water boiling.
4. Once the water is boiling drop in the bundle and let everything sit for 7 mins.
5. Enjoy.

EASY SOY
Milk Latte

Prep Time: 1 mins
Total Time: 2 mins

Servings per Recipe: 2

Calories	118 kcal
Fat	2.2 g
Carbohydrates	20.8g
Protein	4.4 g
Cholesterol	0 mg
Sodium	66 mg

Ingredients

1 C. soy milk
1 C. water
1 tbsp green tea powder (matcha)
2 tbsps white sugar

Directions

1. Add the following to a small pot and get it hot and frothy: sugar, soy milk, tea powder, and water.
2. Once the mix is frothy divide it between serving mugs.
3. Enjoy.

Green Tea Frappuccino

Prep Time: 5 mins
Total Time: 5 mins

Servings per Recipe: 1	
Calories	272 kcal
Fat	4.7 g
Carbohydrates	52.2g
Protein	5.6 g
Cholesterol	10 mg
Sodium	109 mg

Ingredients

2 C. ice
1/2 C. milk
3 tbsps vanilla-flavored syrup
1 tbsp powdered non-dairy creamer
1 1/2 tbsps green tea powder (matcha)
1/8 tsp xanthan gum

Directions

1. Add the following to a food processor or blender and work the mix for 1 min: xanthan gum, ice, tea powder, milk, creamer, and vanilla syrup.
2. Enjoy.

RHUBARB HONEY
Sweet Tea

Prep Time: 15 mins
Total Time: 12 hr 15 mins

Servings per Recipe: 24

Calories	104 kcal
Fat	0 g
Carbohydrates	26.7g
Protein	0.2 g
Cholesterol	0 mg
Sodium	3 mg

Ingredients

10 stalks fresh rhubarb, chopped
2 C. white sugar, or to taste
1 qt. water
1 qt. water
8 black tea bags
1 tbsp honey
1 C. white sugar

Directions

1. Get your rhubarb boiling in 1 qt. of water then set the heat to low and let the mix gently boil for 4 hours.
2. Once the mix is thick divide it between the sections of an ice cube tray and place it in the fridge overnight.
3. Now get 1 qt. of water boiling in a separate pot then once the water is boiling pour it into a large jug with the tea bags for serving.
4. Add in the sugar and honey and stir the mix completely.
5. Let the mix cool then serve the tea with the flavored ice.
6. Enjoy.

San Antonio Tea

Prep Time: 20 mins
Total Time: 40 mins

Servings per Recipe: 8	
Calories	145 kcal
Fat	0.2 g
Carbohydrates	38.1g
Protein	0.9 g
Cholesterol	0 mg
Sodium	79 mg

Ingredients

1 C. white sugar
1/4 tsp salt
1 C. hot water
6 C. brewed black tea, cold
2 C. orange juice
1/2 C. lemon juice
1 orange, sliced into rounds
1 lemon, sliced into rounds
1 lime, sliced into rounds

Directions

1. In a large pitcher, combine sugar, salt and hot water.
2. Stir the mix until everything is completely dissolved.
3. Sir in the tea, orange juice and lemon juice.
4. Serve everything in tall glasses with ice with slices of citrus fruit.
5. Enjoy.

LIME-LIME
Soda Tea

Prep Time: 15 mins
Total Time: 30 mins

Servings per Recipe: 12

Calories	142 kcal
Fat	0.1 g
Carbohydrates	36.7g
Protein	0.2 g
Cholesterol	0 mg
Sodium	20 mg

Ingredients

2 family size black tea bags
4 C. boiling water
2 lemons, thinly sliced
1 C. sugar
1 tbsp almond extract
2 tsps vanilla extract
1 (2 liter) bottle lemon-lime flavored carbonated beverage, chilled

Directions

1. Let your tea boil in water for 17 mins.
2. At the same time squeeze the lemon into a large jug then add in the sugar as well.
3. After the tea has finished cooking add it to the jug with the lemons and sugar.
4. Stir the mix evenly then place everything into the fridge for a few hours.
5. Divide the mix between serving C. then add in the lemon lime soda, vanilla and almond extract to the individual servings.
6. Enjoy.

Raspberry Tea Mixer Syrup

Prep Time: 10 mins
Total Time: 1 hr 15 mins

Servings per Recipe: 15	
Calories	38 kcal
Fat	0 g
Carbohydrates	9.8g
Protein	0.1 g
Cholesterol	0 mg
Sodium	1 mg

Ingredients

2/3 C. water
2/3 C. white sugar
1 C. raspberries

Directions

1. Get your water boiling in a small pot then add in the sugar and stir the mix until the sugar is completely combined.
2. Let the mix cook for 7 mins then shut the heat and add in the raspberries.
3. Crush the berries with a masher then let it sit for 65 mins.
4. Run the mix through a strainer then keep the syrup in the fridge for continued use.
5. Enjoy.

BUBBLE
Tea

Prep Time: 10 mins
Total Time: 1 hr 30 mins

Servings per Recipe: 1

Calories	280 kcal
Fat	0.6 g
Carbohydrates	67.9g
Protein	1.1 g
Cholesterol	2 mg
Sodium	27 mg

Ingredients

1 tsp white sugar
1/3 C. pearl tapioca
1 C. brewed black tea
2 tbsps milk
4 tsps white sugar
1 C. ice cubes

Directions

1. Get 2 C. of water boiling in a pot then add in 1 tsp of sugar and stir the mix until the sugar is fully incorporated.
2. Now add in the tapioca and stir it then let everything heat for 22 mins.
3. Drain and rinse the mix into a jug then place everything in the fridge until it is cold.
4. Add 4 tsps of sugar, milk, and tea to a cocktail maker and shake the tea until everything is combined evenly then add in the ice cubes and shake everything again.
5. Pour everything into a serving C. then serve.
6. Enjoy.

Cool Tea

Prep Time: 5 mins
Total Time: 3 hr 20 mins

Servings per Recipe: 8	
Calories	73 kcal
Fat	0 g
Carbohydrates	18.7g
Protein	0 g
Cholesterol	0 mg
Sodium	41 mg

Ingredients

1 pinch baking soda
2 C. boiling water
6 tea bags
3/4 C. white sugar
6 C. cool water

Directions

1. Add a small amount of baking soda to a large jug for serving.
2. Add in the tea bags and the boiling water as well.
3. Place a lid on the jug and let the tea set for 20 mins.
4. Take out the tea bags and throw them away.
5. Add in the sugar and stir or shake the mix until the sugar is fully incorporated.
6. Now add in the cold water and place the tea in the fridge until it is completely cool.
7. Enjoy.

INDIAN SPICY
Pepper Tea

Prep Time: 8 mins
Total Time: 10 mins

Servings per Recipe: 3

Calories	174 kcal
Fat	4.5 g
Carbohydrates	30.5g
Protein	4.3 g
Cholesterol	17 mg
Sodium	72 mg

Ingredients

2 C. water
2 tea bags
1 whole black peppercorn
2 cinnamon sticks
2 whole cardamom pods
2 whole cloves
1/2 C. sweetened condensed milk

Directions

1. Get your water boiling then add in the cloves, tea bags, cardamom, peppercorn, and cinnamon.
2. Continue boiling everything for 2 more mins then add in the milk and get everything boiling again.
3. Now shut the heat and strain the tea into C. for serving.
4. Enjoy.

Dark Lemonade Tea

Prep Time: 5 mins
Total Time: 2 hr 20 mins

Servings per Recipe: 8	
Calories	147 kcal
Fat	0.1 g
Carbohydrates	38.2g
Protein	0.2 g
Cholesterol	0 mg
Sodium	11 mg

Ingredients

5 C. water
1/2 C. white sugar
3 orange pekoe tea bags
1 (12 oz.) can frozen lemonade concentrate
5 C. water

Directions

1. Get half of your water boiling and add in the sugar.
2. Once everything is boiling and the sugar is combined in completely shut the heat and add in the tea bags.
3. Let the tea sit and as it is sitting add your lemonade mix to a jug and also add the rest of the water.
4. Stir the lemonade until it is completely combined then combine the tea with the lemonade mix.
5. Throw away the tea bag then stir everything and place it all in the fridge until it is completely chilled.
6. Enjoy.

CROSSROAD CRANBERRY Tea

Prep Time: 1 hr 30 mins
Total Time: 1 hr 30 mins

Servings per Recipe: 14

Calories	140 kca
Fat	0.2 g
Carbohydrates	36.8g
Protein	0.6 g
Cholesterol	0 mg
Sodium	10 mg

Ingredients

3 1/2 qt. water
1 (12 oz.) package cranberries
2 C. white sugar
2 oranges, juiced
2 lemons, juiced
12 whole cloves
2 cinnamon sticks

Directions

1. Add the following to a sauce pan: cranberries and water, get everything boiling then set the heat to low and let the mix gently boil for 35 mins.
2. Now combine in the cinnamon sticks, sugar, cloves, orange juice, and lemon juice.
3. Stir the mix then place a lid on the pot and shut the heat.
4. Let the tea sit for 65 mins.
5. Enjoy.

Raspy Tea

Prep Time: 5 mins
Total Time: 15 mins

Servings per Recipe: 10	
Calories	86 kcal
Fat	0.1 g
Carbohydrates	22.2g
Protein	0.1 g
Cholesterol	0 mg
Sodium	15 mg

Ingredients

1 gallon water
3 (3 oz.) gallon-size tea bags
1 C. fresh raspberries
1/2 C. white sugar
1/2 C. powdered lemonade mix (such as Country Time(R))
ice cubes

Directions

1. Get your water boiling in a saucepan then add in the sugar, raspberries, and tea bags.
2. Stir the mix until the sugar is fully incorporated then shut the heat and let the tea sit for 6 mins.
3. Take out the bags and discard them then add in the lemonade mix and stir everything until the lemonade is completely combined.
4. Pour the tea into a jug for serving then add in some ice as well.
5. Enjoy.

GALAXY
Tea

Prep Time: 1 mins
Total Time: 4 mins

Servings per Recipe: 1

Calories	262 kcal
Fat	4.8 g
Carbohydrates	46.6g
Protein	8.2 g
Cholesterol	20 mg
Sodium	102 mg

Ingredients

1 C. milk
2 tbsps honey
1 tsp vanilla extract

Directions

1. Add the following to a C. for serving: vanilla, honey, and milk.
2. Stir the mix slightly then place everything in the microwave for 90 secs on the highest power level.
3. Then stir the tea again.
4. Enjoy.

ENJOY THE RECIPES?

KEEP ON COOKING

WITH 6 MORE FREE COOKBOOKS!

Click the link below and simply enter your email address to join the club and receive your 6 cookbooks.

http://booksumo.com/magnet

https://www.instagram.com/booksumopress/

https://www.facebook.com/booksumo/